

# REDUCE KEEP SLIM AT HOME WITH RELAXING, SOOTHING MASSAGE!







## Don't Stay FAT - You Can LOSE

POUNDS and INCHES SAFELY

When the second second

TRY THE SPOT REDUCER 10 DAYS FREE IN YOUR OWN HOME!

And the coupes with only \$1 his year Spat Belows are approved. The pageons to the coupe of the pageons to the coupe of the pageons to the coupe of the pageons the coupe of the pageons to the pageons to

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# GLAMORIZING YOURSELF

HOW TO SET PIN CURLS
Energone should know how to set pin curls beasse they're such a wooderful help in making a
recoping confuse procurable on short motion. Or, is

encoping confuse provinciable on short mone. Or, is suring the entire confuse, for that matter, Here's the procedure. Part the hint in the usual place and comb thoroughly. Now, if it's just a few hump strands you wish to out, separate those from the rind of the bast. Dangen each curl strand with wave follower or warm write just before working it. To waid into the curl,

10 out, separate these from the rest out the basic. Durque eich text strate other wave folsen or warm water just before wording it. To ward east the continue of the contin

When the entire length has been wound unread the fugue, has the fugue can be fugue can be fugue to the fugue can be fugue to the stage of the fugue to the stage with the fugue to the stage with the fugue to the fugue to the fugue to the fugue to the can be fugue to the fugue to

#### A YOUTHFUL HAIR STYLE

While a hist right should be adopted to more particular free and fagor, here are some general coles it spling more har the well this year. It is some general coles it spling more har the well this year. On the temple, and forestand of more heavening, the other temple, and forestand of more heavening the other temple, and the spling of more heavening that the spling of the forest of heavening the spling of the forest of heavening the spling of the forest of heavening the spling of the forest dependent of the forest of heavening the spling of the forest of heavening the spling of the forest and the spling of the forest of heavening the spling of the forest and the spling of the

#### LINES BETWEEN THE EYES

From-time usually start as a facial expression and end as a facial feature? If you don't want the loss to deepen personancy, surp from eng. Secretarial forwaring is just a habet again it may be an autosition recition to operation. Once you've charled the source of the treakle, souther and unnoith the wrinkless filter them pleast you from the contract of the filter them pleast you first coverage applies when a halfs,

brisk tapping movement of the fingerpada. Leure the cream on all night.

#### the Harry out and get vocasiff a bords of English pro-

der Select this powder ahade with case. Desit get non ight a shade er it will gare as abvisonly on arms and med an son light a shade would on the face. Select a shade that harmonron with pour own som name but is pure a little lighter and livelier. You'll

#### FOR UNPLEASANT BREATH And indeed this is something to trouble appropri

with social contensurates (our convenery), Bud breach may be a symptom of secter normal disordance, as which case it is person soon should have a detection or dozer goe year a check-over Chier, however, etc. in the swall of ergospec elemang of the total. Breach the total throughply tours of a prelicion his breaking (white the sight or merrors good) by cleaning with certail from to errorse with jurnifice of feed the have wedged between the enth and epicled the break. Use a movely walt regalated to.

#### WHAT TO DO ABOUT WHITEHEADS

The best treatment for these little pearl-blee bumps, commonly called whitcheeds, as plenty of soap and water. After westing and drying the face, upoly a

#### FOR TOO THICK HAIR Well, wor position is a much happier one and

renth surpler to solve than that of too thus haur by sport case, a skillful centum, and pun send. If persible, go to a good beauty silce and have your has eithered and stipled Winth closely while at a legdow, and silk questions. You may be able to did to youncife the nort time You will broke that as the hasp we thirt of it is our in layous of various lengths to encauging my tendency to return call and to prevent country and providency to return call and to prevent

#### TO MAKE EYES APPEAR LARGER This is a took with your problem people. Take the

pench and draw it around the eyes of the base of the liabts. Now, amadge the edge of the line lightly with your fugerity, so it will not appear artificial and made-up. Mascara applied to the liabtes make the openseem much longer. A little eye shadow on the upper lath well give the eyes supportance, soo, and bring our

### What is known as goose flesh is an accumulation

with soap and water, using a brush to star up the circulinion Manage a good cream into the affected aces daily to belp keep the skin soft and smooth.

HAIR STYLE FOR LOW FOREHEAD & PUG NOSE Give the hair a low nide part and comb close to the head. Over the concents temple from the num two

a little harrette to hold the hair flat and in place. Now, the rest of the hair may be worn page-box style of long, or the each softly curled if short. This er and anadually taper to the longer hair at the back, EXERCISE FOR STRENGTHENING ARCHES

Stand on a thick book with the feet above on inches apart and the toes entended over the edge of the book. Now, head the toes downward as far as possible. Held them in this postion while we court to ten. New bend the toes upward as far as possible, counting up to ten. Do this several tames, appropriate

MAKE-UP FOR LIGHT BROWS AND LASHES As a general rule, the bloode should color-her light brown and lasher with brown provil and brown color, then black may be used. When the hair is a

SELF-CONSCIOUS ABOUT HANDS When one feels "all hands," awkward and choper it's time to relax. Relay the went Shake it loose Swing the hands in an easy curve. Now, let the hands fall lightly or the sides or in the lan There's nothing districting about a pair of quiet hands, but nervous, and head Don't cross them high on the chest. Make a reactive of pickarg up objects with the fingerup;

physical coetours and proportions.

the count duly.

rather than cluxdeng them with the whole hand and they will appear general, regardless of their FOR A DRY SKIN Wash your face with a mild soap. If it feels uncomforable that afterwards, you know your skin is not wash your face. It does mean that you should gamediately follow the face weshing with a good

corum to counterract the draing effect, FASHIONS FOR THE THIN GIRL

> When you're very thin, you abould create the unpearance of plampers through blossed bodices, full sleeves and swinging shirts. Award streetly trajected

> clother and grouphs, dim Neck dresses and count Broad aboulders will widen your figure. Large bows or the neckline are flattering to you For warm weather plantiothes, choose long shorts of a color contrasons with the bloose. Wide count shorts are most famening to very thin less. Yo cound out a too-thin face, select a but with a halo been. A series of this bracelets on the wrists

> they crephus at the thomas of the arms. Fabrica with body" or staffness see more flottening to you than the clusters irrors, theers or then corons. VARIETY FOR A FEATHERCUT

with combs on each side. The ends of the side hun hugging ringlets.

TO REMOVE PRECKLES Apply fackle cross to help fade the Hemobes Follow instructions on the package in applying some test first to ascertain whether you are allerged to any of the ingredients Limited powder or a firsted cake help concerd the fembles. Since were skin his a ten-

dency to freckle, you should always aprily a pan DARK HAIR GROWING ON UPPER LIP If this growth is not too heavy, you may find it considerely satisfactory to bleach the hairs with a mature of ammorts and percenter Or, you may prefer to servove the hier with awerners or one of the absence made or atomes that are used to rob the

TO REDUCE A TUMMY

Here's a spectoachure exercise to trim and fatters the abdorren Lie or your back with arms and legs outstretched Stretch your time as for neart as posyour legs held strught Now, reming warraif with source Reneat with the other hand and foot This exercise slims die wast, too, while uncothing th

















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I consider't just foole at you, doubting

though I freeze such bliss, Or yield to impulsive desire? For weightst prefer conucides is anyone when you admire.

> You seemed to invite that hiss, And I thought you really were camp. Dee't pretent to be sagry like this — One him was worth all my dering!

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